

(Breakthrough, September 1983)

## **INFORMAL WORKSHOP**

*by John Majuri*

*John Majuri, a psychologist and one of our professional members, held an informal workshop a few months ago. The following is his description of what took place.*

The workshop was billed as experimental utilizing the Monroe tapes along with supportive exercises and experiences in order to facilitate a specific change, restructuring a creation of behavioral pattern, i.e. quit smoking, lose weight, get a new job, create a relationship, etc.

The participants were invited and there was no charge. There were eight participants plus myself. Each person had a stereo headset that was hooked into a central stereo cassette player and an amplifier which I controlled. The workshop period was from 7-10:30 Friday evening to approximately 7:30 Saturday evening.

Very briefly what we did was listen to the lecture on Hemi-Sync®, the *Open Hemi-Sync* Exercise tape, the *Discovery* series and *The Visit*. These tapes were interspaced with some light body work (Charlotte Selver Method) to facilitate letting go and group trust. Participants also made a collage of their specific pattern changes, (how it would look when completed), and participated in a short dyadic exercises as an aid to acknowledging fears that keep them from making the change, i.e. partner A asks partner B the following “What do you want?” “What keeps you from getting that?” etc.

The workshop ended with the participants sharing with the group the pattern for change they selected, the collage describing how the change will look when completed and making a commitment to implement the change or create the behavior within a three-month period.

The premise for working this way from my point of view was acknowledging the potency of group support. Participants were asked to recall how they felt during the workshop when they returned to their daily lives as means of post-workshop support.

The tapes were utilized to gain deep relaxation, exploration of fears, visualization and specific recognition of the patterns they wished to change or create. So far I have mostly positive feedback. If I do it again I will create a specific follow-up questionnaire.

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